

## Sweet Hippers & Tadcaster Scouts

### What you need when you go kayaking and canoeing.

**Clothing** : Obviously the clothes you need will depend on the weather. Judging exactly what you need will come from experience. It is better to take more than you need and not use it, rather than not have enough clothing and end up being cold.

*Canoeing is only a t-shirt and shorts activity on the hottest days.*

3mm Farmer John Wet Suit  
by NRS



**If you have proper canoeing clothing**, take that. You will come to learn what this is.

**If you have a wet-suit**, take that, but you will also need a windproof and showerproof cagoule and also a hat. In cold weather, if your wet-suit is only a thin one, wearing fibre pile clothing will also help keep you additionally warm.

**Otherwise you need :**

**Body** : Swimming costume. Several layers of non-cotton, preferably fibre-pile, thin long-sleeved tops, Showerproof/windproof cagoule.



Base Layers:  
Hydrosilk by NRS

**Legs** : Man-made fibre trousers or shorts or fibre pile long-johns with windproof/showerproof over-trousers at colder times.

**Head** : A hat

**Footwear** : It is important to wear footwear to prevent any injuries to your feet from broken glass, metal and so on. You need wet-suits boots, water activity footwear or old trainers.

**Change of clothing** : You need a change of clothes to change into after the canoeing. And a towel.

**Additional items** :

For an evening activity bring a drink and something to eat.

For a day time activity bring a drink, a hot one preferably, food for the day and some emergency food.

**Touring Trips** : When we go on day long touring trips we will issue a list of equipment you need to bring, but this is likely to include :

A bivi bag

Spare clothing to change into if you get wet

Some emergency food

A whistle

All this should be kept in a **waterproof bag or container** that will fit in the kayak.

If you have canoeing equipment such as a throw-bag and knife or tow-line, bring them as well.

**Capsizing** : We never plan to capsize when we are going canoeing. The exception is when we are going to deliberately capsize for training purposes. For example, when we are practicing rescues. If the plan is to capsize we will warn you before the trip so you can be suitably prepared and have spare canoeing clothing to change into.

**Safety Equipment** : We will supply you with a canoe or kayak, paddle, buoyancy aid, spray-deck and helmet (if needed) but if you have your own, feel free to bring them.

